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## The bad influence of internet on college students' growth and avoiding strategies

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### ABSTRACT

This thesis explores the fundamental cause of the bad influence of Internet on college students on the basis of analyze these bad influence, and thus put forward some strategies to avoid them.

### KEYWORDS

Internet; College students' growth; Bad influence; Avoiding strategies.



## INTRODUCTION

Currently the influence of Internet over the growth and cultivation of college students are mainly have been studied domestically and overseas. The research results are mainly concluded from cases and experience. The ill effects of Internet on college student cultivation and according measures for those problems are rarely discussed in a theoretical and systematic way. In this paper tactics to encounter the problems are put forward after in-depth analysis of the ill impact of Internet on college student cultivation. The content of this paper has not been touched upon or thoroughly studied, therefore it might contribute to the theoretical and practical study of this area. Also, it is likely to strengthen the construction of Internet culture and campus culture, as well as improve and optimize ideological and political education of college students.

### STATUS OF COLLEGE STUDENTS' INTERNET USE

With the rapid development and popularity of the network today, the Internet has become the most important way of college students lives, learning and entertainment, making college students the most deeply affected community by the Internet. On July 17, 2013, China Internet network information center (CNNIC) published *the statistical report on Internet development in China* for the 32nd time<sup>[1]</sup> in Beijing. According to the report, at the end of June 2013, China's Internet users has reached 591 million, Internet penetration is 44.1%, the student group is the largest occupational group in the users, accounted for 26.8%, including college graduates, 20.3%. According to the Internet usage data from the article *What are college students doing online?*<sup>[2]</sup> "90% college students contact with network, 34% people chat online and 28% play games, only 30% people search for information.

In order to have more direct understanding of network behavior, the author conducted a survey on University students. This survey handed out 680 questionnaires to university students, among which 665 are took back, 650 valid questionnaires. Statistics showed that 64.62% students' currently main channel of access to information is the Internet. 68.4% people use the Internet to chat, watch a movie or play a game, only 31.6% students use the Internet to access learning materials.

From the survey's results, we can conclude although a lot of college students are using network, not many people use e-learning.

### NEGATIVE EFFECTS OF INTERNET ON COLLEGE STUDENTS

While the Internet provides a wealth of learning space for students, substantially broadens students approaches to learning, broadens students horizons, and promotes university students 'socialization, but information on the Internet is complex, many harmful information can have serious negative effects on college students 'thought and behavior, thereby affecting College students ' growth and success.

#### The Internet impact on college students ' "three outlooks"

On the open platform of the Internet, China's ideology is vulnerable to the impacts and challenges of other countries. In recent years, with the rapid development of the Internet in China, Western cultures, ideologies and values, especially values such as individualism, materialism, utilitarianism and hedonism philosophy widely spread and penetrate through the Internet. One important part of Western culture is concerned, according to the author of the survey, 85.69% of the College are concerned or interested in Western culture and related parts,, including 26.46% students interested in Western culture. Therefore, unhealthy content of the spread of Western culture, ideology and values of young students ' Outlook worldwide has bad influences on young college students. With China's outstanding traditional culture and ideology becoming more melting, some students ' world Outlook, Outlook on life, values began to shift. Some students even lost their ambitions. For example, some of the ideological values appeared more serious deviations, and part of college students ' ideological and political consciousness and values weakened. It shows concretely as follows: ① Part of college students are irrational on the establishment of political ideals and beliefs.② When faced with major political events at home and abroad, some impulsive crowd of college students showed shaky political faith, ideals and beliefs.③Some students worship Western culture and way of life.④Students fail to properly recognize their social responsibility, manifested as only concerning about issues related to their own vital interests, but rarely thinking about the people's livelihood and social development issues.

#### The Internet weakens the national consciousness and the moral law consciousness of University students The weakening of young college students ' national identity and national consciousness

Open and borderless nature of the Web enhances young students' global awareness on the one hand, on the other hand it weakens the young college students ' awareness of their national identity and nationalism. In the context of economic globalization, some people advocate political and cultural integration through a variety of ways, attempting to carry out Western political systems and values via economic globalization, which may instills a sense of closeness and even a sense of identity to Western values on young students. This can easily lead to a weakening of cohesion and attractiveness of our country and nation and thereby destroy its ideological and moral system. In addition, the trend comes as a shock to traditional sense of national sovereignty and a sense of national identity, which shadows on the national consciousness set up of University students.

### **Landslide in college students ' moral practice**

In network, loss of students ' moral values and moral practice landslide is serious, leading to a series of unethical behavior on the Internet. Internet is a unmanned supervision and monitoring of full open of public platform. Once entering such virtual world, students with weaker self-supervision and self-constraint would show different behavior tendencies according to his preferences and needs in network, even in disguise. In addition, because some published comments are hard to be traced, many students do whatever they want, and put moral concept behind. According to my findings, among students chatting online, only 33.54% will pay attention to their words and deeds.

### **Weaken the young college students ' law conception**

Although China has formulated *decision on safeguarding Internet security*, but laws about the Internet in China is still imperfect and perfect network behavior mostly depends on the extent of the consumer's quality and moral standards. As the networked world with the virtual, open and hidden features, everyone is not restrained to gender, age and identity and free to express themselves and even irresponsible. In such circumstances, the self-consciousness of college students will show incisiveness. They throw themselves in the network and regard some unethical or even illegal acts as pure network behavior and social behavior, so it's easy to create the cybercrime. Some college students use the Internet for theft, fraud, extortion, intentional dissemination of computer viruses, Internet rumors and other cases.

### **Unhealthy adverse information to college students ' mental health and interpersonal relation**

#### **Serious harm caused by bad information on the physical and mental health of college students.**

Surfing the internet is college students' lifestyle every day. For they have more general courses during the day, internet makes up the vast majority of students night time. The author surveyed 650 students, among which 280 people accustomed to going online, accounting for 43.08% of the surveyed population.

In reality, many college students experience problems and setbacks, but they don't go for help or seek ways to solve problems from teachers, parents and fellow students, but seek solace in the online world, or anesthesia, and this is not a solution to any problem. Problems are not addressed, it will lead to even more addicted to the Internet to escape problems, long-term cycle, some college students would pick up in the virtual world to achieve their life goals and values, and even some college students ' Internet addiction because relying too much on network. Author in a survey of college students 59.23% said if no computers and mobile phones have Internet access, will make you feel bored and sick; 48.31% said Internet access to learn, live and sleep are affected. Daily inputs large of time and energy in network in the, long-term stayed up, and sit in front of computers all day long, and rest time no law, will led to class listless, "somewhere else", and gradually habit truancy absenteeism habits, led students learning scores obviously declined, and will produced lumbar, and cervical, parts disease, fitness also will more variable more poor, even originally scores and usually performance are very excellent of students due to crush network and took to the astray. In addition, many pornography sites on the Internet, violent videos and other content to some students ' psychological harm caused is huge.

### **Bad information can easily lead to alienation of college students ' interpersonal relationship**

Stanford University political scientist Norman said: "the longer people spend on the Internet, the less time they have to interact with people."<sup>[3]</sup>Based on this, he asks: "Will network make the world a lonely place?"Due to spending a lot of time and energy in the networking world, natural interaction with others in real life the less it will, this will result in their hearts and actions tend to be insular, self-enclosed and not adapted to the real world. So long, it will lead to some interpersonal disorder of college students, did not know the ways, even at odds with society, which is an important reason why some various psychological problems among students. Over time, will inevitably lead to decline in students ' communication skills, interpersonal barriers or apathy problems.

### **Network has a strong impact on traditional culture and language**

Network languages is developed along with the rapid development of the Internet, which is different from the traditional print medium, with symbols, letters, and digital features, its birth and development had a certain impact on existing language specification, but network languages have been favored by net worms, especially our young college students. Students like to use the personalized language to express themselves on the Web and hope to attract the attention of others, to express and vent their emotions. Therefore, various specifications, and even uncivil language appears in the network has become a common phenomenon, all of China's traditional culture and language has a great impact. Language alienation must be brought to our attention, such as 2013, the net's hottest buzzwords, and "when will abandon the therapy", and why giving up treatment; "My guy ", I and my friends are shocked;"One officer ", which is the business of the people;"Unknown night Li "though does not understand what each other are doing, but feel very powerful way;"Ten refuse ", and was very touched and then rejected;"Big Dipper-Ben ", and Nice, and beloved by, and spread;"People ride out the spell "personnel have been so hard, not to expose something;"Said sleep ", other people talking and laughing, and there have trouble, felt a lot;"Don't tired love ", was very tired and feel like I'll never love again, and so on. Alienation of these languages is neither logical nor systematic, will inevitably affect the young college students to express and Exchange in real life. Preceding the survey, among the 650 students surveyed, only 7.08% of people studying and living in reality never used Web words.<sup>[4]</sup>

## THE BASIC REASON FOR NEGATIVE EFFECTS CAUSED BY INTERNET ON STUDENTS

### **Spread of social non-mainstream consciousness.**

Although mainstream cultural consciousness dominates nowadays society, some non-mainstream cultural consciousness is in the spreads. Lots of Western thought and culture using the Internet to spread, money worship, hedonism, violence, pornography and other harmful information and vulgar information flooded the network; the network information pollution is very serious. That bad information to college students' ideological quality, quality and physical and mental health will inevitably have a negative impact, so they do not mature world view, Outlook on life, ethics, values and laws, took a knock, even disruptive change. On July 15, 2013 and 21st, Nanjing Pearl District near the completion of two women encountered outlaw indecency, police captured the suspects turned out to be students in a University in Nanjing. According to the suspects confessed that he every day playing online games, see those sex games, produced the streets trailing those scantily clad on lone female ideas.....";<sup>[5]</sup> December 16, 2012, at 23 o'clock, some college seniors have some play online games known unemployed Wu, they are indulging in online games, often cash-strapped, decided to take the risk, and robbing a taxi driver with a knife, causing injuries of victims to reach injured second division. When police captured at some point, he is playing Internet games, also called playing the game again with the police.<sup>[6]</sup>

### **The website's profit feature prompts the negative impact**

Internet Competitions are competing for eyeballs on the Internet game, and who can attract attention, earn click-through rate, which will win and gain economic benefits. In addition to providing practical information on the network's Web site and the provision of services falling within the enterprise business and trade Web sites, there are attempts by Web sites that offer pornography and violence, and other harmful information profit "over" fraudulent Web sites, even reactionary evil cult website. They publish obscene text, images, video and even deliberately manufacture, disseminate reactionary rumors and information, including Internet users, college students have a great negative impact. According to reports, the "students of Zhengzhou University in the ginger one accidentally logged on a porn site on the Internet, in order to be able to browse more, more exciting content, ginger and some even apply to be on a porn site moderators, but he became a moderator in 10 days, was approached by police, hi-tech development zone, Zhengzhou city people's Court convicted of taking pornographic materials after ginger a control for six months."<sup>[7]</sup> October 31, 2010, the University of Shijiazhuang railway Institute Lee, two students preparing to buy a warm down jacket, accustomed to online shopping Lee never imagined herself encountered a phishing site, at 160 Yuan after the payment to the seller, seller has vanished.<sup>[8]</sup> Under the influence of these undesirable Web sites, a lot of students worrying changes in thoughts and actions.

### **The students' individual differences and defects prompts the negative impact**

The negative effect of the network varies from one object, the same negative impact of network environment on different students have very different. At present, China's normal colleges in the number of students enrolled reached 23.91 million,<sup>[9]</sup> every university student's environment, social relations, ways of thinking, mental health and moral standards are not the same, these individual differences, will inevitably lead to their networks particularly negative impact is also different. For example, the degree of effects on the psychological and moral standards is significantly greater than social relations and upbringing. In addition, the loss of sense of responsibility of college students at present, the psychological ability of vulnerable, honest consciousness phenomenon has caused negative influence further increased.

## STRATEGY TO AVOID NEGATIVE EFFECT ON COLLEGE STUDENTS' GROWTH

Everything has two sides. While the Internet has several negative effects on growth of young college students, but its positive impact cannot be ignored. Students can learn through the network society, promote socialization; can query and understand with good connections in learning and life, vast amounts of useful information; can continue to broaden our horizons, enrich knowledge and so on. So, we can't because the network has had a negative impact on students, simply restricted and even prohibited. We should be objective and rational about the network, using a variety of measures and strategies to deal with and avoid the negative effects of Internet on students.

### **Strengthen the planning and construction of campus network**

Our campus network simple is generally viewed as a purely technical issue, often only think about how to use advanced networking technologies in campus network, and ignore the important role of campus network and education. This makes it easier to limit the functions of campus network in inquiries related to information dissemination and information management and so on, rather than humanistic care for college students. Idea of construction of campus network culture lacking, will restrict the function of campus NET education and cultivation of the human environment. We should intensify our thinking on campus network planning, construction and function, always carry out the concept, not only building technology environments, but also to actively build a humane environment, give full play to the educational function of the campus network, make the most of the campus network, actively spread positive energy in campus networks, expanding the positive energy, providing quality services to college students' growth and success. For example, some college courses in teacher-student interaction and forms, online content-rich Forum, timely understanding of students' ideological State and addressing the problems encountered by students, it is popular with University students. Turns out, only by correctly

understanding and use of the educational function of campus network to fully play a role on campus as students grow up positions.

### **Strengthen the supervision and management of college students ' network**

#### **Strengthening the construction of network monitoring system**

We should establish long-term working mechanism of network information management into full play the role of management system. Establish a practical and workable network monitoring and management system is a prerequisite for ensuring orderly standardized operation of campus network. Combines school actual, in strengthened firewall, and real-time monitoring system, hardware construction while, developed campus public Internet places management approach, and school and the II level units home page construction and maintenance management approach, and campus network registered system, and public computer Internet registration system, and campus network harmful information management approach, and Campus website registration, and record system, and students bedroom network management approach, management regulations, Including strengthening school staff monitor students ' online behavior, public computer room management of campus network monitoring system, exploring institutional development, administration, teachers and students self-discipline, a combination of technical support network management system.

#### **Strengthening the University students ' Internet behavior management**

To strengthen college students ' Internet behavior management, and to strengthen guidance in time, you can effectively reduce the negative impact of Internet on University students. Can take the following specific measures to monitor students ' online behavior follows: implementation of real-name login system; to strengthen technical supervision, can be network locked accurately carry out inappropriate Internet behavior in students; Establishing students ' educational management staff as the mainstay of college students ' network conduct supervision of professionals; the establishment of peer supervision and management system. Students live and study together, their personal online behavior will influence each other, and they are more aware of each other's Internet behavior, through mutual supervision, strengthening students ' online behavior; to enhance the investigation and analysis of college students ' Internet behavior. Based on the investigation and analysis of college students ' network conduct, within a certain time for students can be individual or collective evaluation of network behavior, and guiding students ' scientific assessment results used for Internet access. Implementation of the above-mentioned measures and methods as well, will reduce and eliminate negative content on the network has a negative effect on the students.

#### **To strengthen students ' surfing data analysis functions and roles**

Investigation and analysis of college students ' online behavior data should be fully utilized. On one hand, students hit high, endangering the network feed information to a network of strong regulatory and technical personnel for timely processing. The other hand, some addicted to the Internet, in a timely manner affected by networks of relevant information back to students ' education and management of student workers, to targeted education and guidance. In addition, responding to some good use of students to serve their growing publicity play a demonstration effect to guide students to learn from them. Also, some student information on the Internet according to their targeted guidance for overuse of the Internet that Internet addiction is a serious problem of students must not intervene in professional counselling treatment and timely follow-up feedback, while others are dominated by criticism and, if necessary, for network monitoring and early warning, the problem in the bud.

#### **To improve college students ' cognitive level**

##### **Increase students 'awareness and application of network**

Universities can open an elective course in colleges and universities, lectures and other forms of systematic education and training on college students to improve cognitive ability, use of network consciousness of University students and Internet use skills, and strengthen University student's network basic theoretical training, practical skills and professional abilities.

#### **Guide college students to solve problems using the internet**

Guide students to solve the other aspects of life problems so that the volume of Shanghai's information and resources for their own services. Through lectures, reports, setting up a network of college students ' associations, regularly engage in online activities, such as forms, will teach students how to use the various tools on the Web for their own lives, work and academic services, cultivation of college students ' good practice, improving students ' ability of network information, to enable effective choice and use of the network information resources.

#### **Increase identification ability of college students**

Network information in the good and the bad, if this distinction is not all would have an adverse impact on college students, so students must be able to use their knowledge and ability to differentiate and analyze vast amounts of information in the network, information itself could not confirm that, and challenge, and agree not to follow blindly, not paranoia and detachment. In addition, to guide students to apply an objective analysis of the critical principle to network information, scientific, objective analysis of the screening information absorbed adopt a critical attitude towards the network information.

Cultivation of information ability of college students of the University and college students' growth and success together, to quality education of college students' network and college students establish correct world Outlook, Outlook on life, values, laws, and ethics combined.

### **Enhance college students' resistance ability to network information**

Through the strengthening of network on college students' network moral and legal education, morality and law into reality abstract network specific network moral and legal, train and guide students to network within the legal and ethical behavior, through improving the quality of network moral laws to enhance the resilience of network information. College students' ideological and political education workers can intervene through blogs, micro-blogging, using QQ, MSN, Fetion, Skype and other instant communication tools, educating and guiding college students, effectively improving students' ability to resist the network information. We should help enhance immunity to bad Internet habits of college students, forming good attitudes and habits, as well as the right of information consumption and the rational use of information awareness.

### **CONCLUSION**

Networks have become an important part of college life. It has both positive side and negative side. We should treat the internet comprehensively and objectively, and maximize the positive role of the network. We should make full use of educational functions of campus network through strengthening the construction of campus network; strengthen network supervision system construction and students' Internet behavior management; increase cognitive level of students and use other measures and strategies to deal with and avoid the negative effects of Internet on students.

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